What is claimed is:

1. A method comprising:

selectively coupling capacitors of oscillator stages together to set an oscillation frequency.

2. The method of claim 1, wherein the coupling comprises differentially coupling the capacitors together.

3. The method of claim 1, wherein each stage comprises multiple capacitors, the method further comprising:

selectively coupling the capacitors together in pairs to adjust the frequency.

4. The method of claim 3, further comprising:

binarily-weighting the capacitors.

5. The method of claim 1, wherein the coupling comprises:

coupling one terminal of a capacitor from each stage together and coupling the other terminal of said capacitor from each stage to an output terminal.

6. The method of claim 1, further comprising:

selectively coupling the capacitors to ground.

7. The method of claim 6, wherein the selectively coupling the capacitors to ground comprises:

coupling the capacitors to ground when not being used to adjust the oscillation frequency.

8. The method of claim 1, further comprising:
using one of the oscillator stages to generate a first output signal; and
using another one of a second signal orthogonal to the first signal.

9. The method of claim 8, wherein the first and second oscillating signals have the oscillation frequency.

10. A system comprising:
a first oscillator stage;
a second oscillator stage; and
switches to selectively couple capacitors of the first and second oscillator stages together to adjust an oscillation frequency.

11. The system of claim 10, wherein the switches differentially couple the capacitors together.

12. The system of claim 10, wherein each stage comprises multiple capacitors, wherein the switches selectively couple the capacitors together so that the capacitors when coupled together are connected in a pair.

13. The system of claim 12, wherein the multiple capacitors are binarily-weighted.

14. The system of claim 10, wherein the switches couple one terminal of a capacitor from each stage together and coupling the other terminal of said capacitor from each stage to an output terminal.

15. The system of claim 10, further comprising:
additional switches to selectively couple the capacitors to ground.

16. The system of claim 15, wherein the switches selectively couple the capacitors to ground that are not being used to adjust the oscillation frequency.

17. The system of claim 10, wherein:
the first oscillator stage generates a first output signal, and
the second oscillator stage generates a second signal orthogonal to the first signal.

18. A method comprising:
selectively activating capacitors to adjust an oscillating frequency of an oscillator; and
for each of the capacitors using parasitic capacitance as the main component of capacitance for the capacitor.

19 The method of claim 18, further comprising:
forming the capacitors from parasitic capacitance exhibited between metal layers of a semiconductor device.

20. The method of claim 18, further comprising:
forming the capacitors from metal-to-metal capacitors.

21. An apparatus comprising:
an oscillation stage; and
capacitors to regulate an oscillation frequency of an oscillator stage, the capacitors being formed primarily from parasitic capacitance.

22. The apparatus of claim 21, further comprising:

forming the capacitors from parasitic capacitance exhibited between metal layers of a semiconductor device.

23. The apparatus of claim 21, further comprising:

forming the capacitors from metal-to-metal capacitors.

24. A system comprising:

a oscillator stage;

a second oscillator stage;

switches to selectively couple capacitors of the first and second stages together to adjust an oscillation frequency; and

a wireless interface to communicate with a communication link in response to at least one oscillation signal provided by at least one of the first and second oscillator stages.

25. The system of claim 24, wherein the wireless interface comprises a dipole antenna.